



Protecting and improving the nation's health

Prevention Concordat for Better Mental Health: information required from signatories to the Consensus Statement

We are delighted that you are interested in becoming a signatory to the [Prevention Concordat for Better Mental Health Consensus Statement](#). You will be joining a number of organisations who have committed to working together to prevent mental health problems and promote good mental health through local and national action.

The Prevention Concordat registration process

Step 1. Complete the local Prevention Concordat action plan template below (Attach any supporting documents that you may want to share)

Step 2. Senior leader/CEO of organisation to commit and sign up to approved action plan

Step 3 e-mail your submission to publicmentalhealth@phe.gov.uk

Step 4. Confirmation of receipt

Step 5. A panel will review and approve action plans submitted within one month of submission date;

- wave 3 –Friday 14th December 2018
- wave 4 – Friday 1st March 2019

NB: the team are currently reviewing the process for approving action plans and intend to have a digital process set up moving forward. Please see below.

Registration form

Please answer the questions below:

Lead contact name	Rachel Bell
Lead contact details	Email: rachel.bell@torbay.gov.uk Telephone number: 01803 207386
Job title of lead officer	Advanced Public Health Practitioner
Name of organisation / partnership	Torbay Council
Who are you representing? <i>(e.g. Individual organisation,</i>	Local Authority

For further information please contact publicmentalhealth@phe.gov.uk

<p><i>collaboration, partnership, Local Authority, Clinical Commissioning Group, community group and other, please name)</i></p>	
<p>Please tell us more about your organisation's work (no more than 150 words)</p>	<p>The Borough of Torbay is situated on the South West Coast of England and consists of three towns: Brixham, Paignton and Torquay. Torbay is divided into 16 wards. Torbay Council's ambition is for Torbay to be prosperous and healthy. This will be achieved through the following targeted actions:</p> <ul style="list-style-type: none"> • Protecting all children and giving them the best start in life*; • Working towards a more prosperous Torbay; • Promoting healthy lifestyles across Torbay**; • Ensuring Torbay remains an attractive and safe place to live and visit; and • Protecting and supporting vulnerable adults. <p>*Focusing on establishing a Healthy Schools Network with a focus on healthy weight and healthy food, physical activity and emotional health and wellbeing. Additionally strengthening the emotional health and wellbeing of children and young people with a focus on whole school programmes such as Thrive and giving children and young people resilience skills.</p> <p>**Focusing on working with local communities to implement the initiatives of mental health promotion, self-harm, dementia and suicide prevention strategies.</p> <p>The Council aims to deliver efficient, transparent and accountable decision-making.</p>
<p>What are you currently doing that promotes better mental health?</p>	<ul style="list-style-type: none"> • Collaborated to produce an STP suicide prevention strategic statement, co-chair the Devon and Torbay multi-agency suicide prevention strategic group and coordinate a Torbay multi-agency suicide prevention and self-harm plan; • Brixham Community Healthcare Working Group – community meeting (chaired by councillors, supported by health care professionals but steered by community members) to mobilise local action to prevent local suicides. • Developed and ongoing management of the emotional health and wellbeing element of the Torbay Healthy Learning Website. A centralised resource for early years and school staff for national guidance, news, topic specific information, resources and local service signposting. • Trained the first Torbay cohort of community workers in Connect 5 (making every contact count in mental wellbeing) training. This is so community workers can better support their wellbeing and the mental health and wellbeing of the people that they work with through conversations, evidence based interventions and local service sign-posting. • Ran a workplace 5 ways to wellbeing campaign to raise awareness and encourage positive behaviour change. • Follow the principles of Workplace Wellbeing Charter:

	<ul style="list-style-type: none"> • Offer a range of options to improve employee mental health and wellbeing including: MH training via e-learning modules and face-to-face (delivered by Workways), coaching, counselling and occupational health referral. • Embedding MH support within management practices, such as 1:1 meetings and annual appraisals.
Do you have or are you intending on producing a mental health plan or a mental health needs assessment.	<p>Yes <input checked="" type="checkbox"/> No <input type="checkbox"/></p> <p>If yes, please specify: Intending to scope out a needs and asset based assessment for the Torbay community with multi-agency contribution. This is intended to influence future iterations of the STP Mental Health strategy (including the Children and Young People's Emotional Health and Wellbeing strategy).</p>
<p>The Prevention Concordat for better mental health highlights the five domain framework for local action</p> <p>Please describe what are you planning to commit to in the next 12 months for your area (see * page 3 for examples to support completion of this section);</p>	
1. Leadership and Direction	<p>Sign up Torbay Council to the Prevention Concordat for Better Mental Health pledge.</p> <p>Recruit and support Councillor Mental Health Champions to be organisational and system advocates as well as community advocates.</p>
2. Understanding local need and assets	<p>Conduct a mental health needs and assets assessment for Torbay/Torbay Council. This should include engagement with communities.</p>
3. Working together	<p>Establish a multi-agency mental health prevention steering group.</p> <p>Seek multi-agency and internal collaboration where possible to promote mental wellbeing and the prevention of mental ill health.</p> <p>Work with local communities and involve those with lived experience in planning and intervention delivery.</p>
4. Taking action	<ul style="list-style-type: none"> • Develop and launch a Torbay and South Devon 5 Ways to Wellbeing Campaign with multi-agency audience reach. • Centralise and promote multi-agency wellbeing, mental health and suicide training offers in Torbay. • Train and recruit 10 Mental Wellbeing First Aiders in Torbay Council to support and signpost colleagues to appropriate services/groups when required. • Deliver ongoing Connect 5 employee training within Torbay Council to develop workforce knowledge and skills in promotion and prevention. • Arrange and promote an external staff counselling offer (via DWP) to help keep staff in work when they are struggling with their mental health (to be agreed by HR).
5. Defining success	<p>Agreed outputs and outcomes across the organisation that demonstrate delivery of plans, level of partnership engagement</p>

	and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health.
<p>Is your organisation/ partnership happy to provide key impact headlines when contacted related to the commitment specified? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/></p> <p><i>The purpose of this information is to support us to measure progress of the programme and inspire others. Information requests will not occur more than once a year.</i></p>	
<p>Upload signature and organisation logo</p>	

In your submission please attach any additional documents that you may want to share to support your commitments e.g. strategies, plans project outline.

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***What do we mean by prevention planning?**

You may already be doing excellent work in relation to prevention planning that you are eager to share however here are a few examples for you to think about

What does good look like; the framework for effective planning for better mental health in all local areas is evidence based and consists of five steps to delivery:

Steps	Partnerships	Organisations	Communities
<p>Leadership and Direction</p>	<p>Identified lead organisation within the partnership for prevention of mental illness and promotion of good mental health</p> <p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Shared vision statement for prevention and promotion that all have signed up to</p>	<p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Support and development is given to roles that champion mental health prevention</p> <p>A clear vision for mental health promotion and prevention that fits across the whole organisation , involving all departments and functions and is integrated in all plans and strategies</p>	<p>An identified mental health prevention champion e.g. a local board member or community representative</p> <p>A shared vision and commitment to promote good mental health and prevent mental illness within the community</p> <p>Engagement within local partnerships to advocate for and meet community needs</p>
<p>Understanding local need and assets</p>	<p>Local Authority led Joint Strategic Needs Assessment with a mental health prevention focus</p> <p>Mental Health Equity Audits across the partnership</p>	<p>Mental health prevention needs assessment of targeted populations e.g. prison population, parents, Black and Minority Ethnic or Black, Asian and Minority Ethnic (BAME) , LGBTQ</p> <p>Engagement with communities to gain insight into their needs and assets</p>	<p>Asking questions of individuals, groups and families within the community about their mental health and wellbeing and what influences it e.g. use of WEMWEBs</p> <p>Engagement events and opportunities that enable citizens to share views and participate in decision making</p>

	<p>Collaborative analysis of local information and intelligence sharing</p> <p>Real time surveillance of suicide data</p> <p>Engagement with communities to gain insight into their needs and assets</p>		
Working together	<p>Working together in collaboration across a number of organisations on agreed prevention priorities, shared plans and strategies</p> <p>Involve local communities, including those with lived experience in planning;</p>	<p>Seeking collaboration with other organisations and working collaboratively within the organisation to address issues related to the promotion of mental wellbeing and the prevention of mental ill health e.g. multi agency suicide prevention plan, mental wellbeing plan</p> <p>Working with local communities and involving those with lived experience in planning</p>	<p>Coming together with other community groups and/or working with local partnerships</p> <p>Involving those with lived experience in planning and delivery</p>
Taking action	<p>Delivery of partnership plans and strategies</p> <p>Shared prioritisation and resources</p> <p>Mental Health Impact Assessments to integrate mental health prevention into partnership plans and strategies</p>	<p>Delivery of an organisational plan and/or strategy that has clear identified priorities and resource to support implementation.</p> <p>Prevention activity across the whole of the organisation</p> <p>Developing the workforce's knowledge and skills in promotion and prevention.</p>	<p>Programmes of local activity that promote better mental health.</p> <p>Enable citizens and communities to take action to promote better mental health.</p>

Defining success	Agreed outputs and outcomes across all partners that demonstrate delivery of the plans , level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health	Agreed outputs and outcomes across the organisation that demonstrate delivery of plans , level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health	Measuring the impact of activity on people's mental health and wellbeing in local communities
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